



## **Foster Chiropractic Highlights Benefits of Chiropractic Care for Back Pain in Denton County, TX**

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Foster Chiropractic highlights the benefits of chiropractic care for lower back pain in Denton County, Texas, through educational resources that explain common causes of discomfort and how chiropractic adjustments may help support recovery without medication in appropriate cases.

Lower back pain is one of the most common musculoskeletal conditions, with an estimated 80 percent of Americans experiencing it at some point during their lives. It is also a leading cause of missed work and reduced daily activity. While many cases improve within a few days, others become chronic or return over time, affecting work, sleep, and overall quality of life.

The lower back, or lumbar spine, supports much of the body's weight while allowing people to bend, twist, and move comfortably. Many cases of lower back pain are associated with prolonged sitting, poor posture, repetitive movements, and reduced physical activity. Other cases may involve conditions such as sciatica or a herniated disc. When a specific cause cannot be identified, healthcare providers often classify the condition

as non-specific lower back pain.

Chiropractic care focuses on the musculoskeletal system, with particular attention to spinal health and function. Care typically begins with a consultation that reviews a patient's health history, symptoms, lifestyle, and movement patterns, followed by a physical examination. Based on the evaluation, chiropractors develop individualized treatment plans that may include spinal adjustments along with recommendations for posture, ergonomics, stretching, and daily habits that support long-term spinal health.

Spinal adjustments use controlled, targeted movements intended to improve joint function and reduce mechanical stress that may contribute to discomfort. Depending on the patient's condition, chiropractic care may help relieve pain, improve mobility, and support recovery without medication or surgery in many cases.

Karl L. Foster, D.C., founded Foster Chiropractic and has served patients since 1991. He earned his Doctor of Chiropractic degree and Bachelor of Science in Anatomy from Parker College of Chiropractic in Dallas, Texas. He also holds certifications in Meridian Therapy and in the diagnosis, treatment, and rehabilitation of carpal tunnel syndrome and other cumulative trauma disorders.

"Lower back pain doesn't have the same cause for everyone," said Karl L. Foster, D.C., founder of Foster Chiropractic. "That's why we begin by understanding how the pain developed before recommending care. For many patients, chiropractic adjustments can help relieve stress on the spine, improve movement, and support long-term function as part of an individualized treatment plan."

Mason Foster, D.C., joined the practice after earning his Doctor of Chiropractic degree from Parker University in 2020. He focuses on identifying the underlying factors contributing to musculoskeletal pain and developing treatment plans based on each patient's individual needs and goals.

"We look beyond where someone feels pain," said Mason Foster, D.C., chiropractor at Foster Chiropractic. "By identifying the movement patterns or alignment issues contributing to discomfort, we can create a care plan that fits the individual and helps them return to their normal activities with greater confidence."

In addition to treating lower back pain, Foster Chiropractic provides care for upper back pain, neck pain, extremity pain, pregnancy-related discomfort, and injuries resulting from work or automobile accidents. Treatment plans are tailored to each patient and may include chiropractic adjustments alongside education on posture, workplace ergonomics, exercise, and other lifestyle habits that support long-term wellness.

The educational resources also emphasize that every patient's experience with lower back pain is different. Factors such as overall health, the underlying cause of symptoms, the length of time pain has been present, and consistency with care can all influence outcomes. Chiropractic care is not a substitute for medical

treatment, and patients are encouraged to consult qualified healthcare professionals to determine the most appropriate course of care for their individual condition.

As a family practice, Foster Chiropractic combines decades of clinical experience with a patient-centered approach focused on education, conservative treatment, and long-term wellness. By helping patients better understand common causes of lower back pain and the role chiropractic care may play in recovery, the practice aims to support informed healthcare decisions while improving everyday mobility and quality of life.

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### **Foster Chiropractic**

*Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.*

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